



Annual Impact Report

FIELD HOCKEY CANADA

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STAFF & ORGANIZATION



This year, Field Hockey Canada strengthened its foundation through strong governance, financial accountability, and an enthusiastic team of staff and board members driving progress. Strategic initiatives like the Canada Summer Jobs program supported youth employment and organizational capacity. The Board of Directors also embarked on an intensive program of stakeholder engagement to refresh and rebuild the next strategic plan for Field Hockey Canada. With renewed energy, we are building a future-ready organization that is agile, inclusive, and aligned with our long-term vision.

LETTER FROM CEO

Dear Field Hockey Canada Community,

It is with great pride and gratitude that I introduce this year's Annual Impact Report—marking the final year of our 2020–2025 Strategic Plan.

Over the past five years, we have come a long way. As we reflect on our progress against the key performance indicators set in 2020, there is much to celebrate. Field Hockey Canada has grown into a more stable, well-governed organization, recognized by the Government of Canada for making highly significant strides in system development.



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This includes welcoming two new provincial members, building a clear pathway from youth to masters, launching accessible online coach and umpire education programs, and delivering over \$1,000,000 in direct funding to communities across the country to support grassroots growth.

Our domestic event landscape has expanded, most notably through the leadership of the U SPORTS Nationals, which has helped elevate the profile and reach of our sport. On the international stage, our national programs have achieved remarkable milestones: the Men's National Team competed at the Tokyo 2020 Olympic Games, the Junior Women's National Team won a continental championship in 2021, and the Women's National Team returned to the World Cup for the first time in 28 years in 2022. Junior World Cup qualification has evolved during this strategic cycle from the previous sporadic qualification of a single gender, to a consistent standard, with both our junior men's and women's teams now qualifying for their third consecutive appearance.

These accomplishments are a testament to the dedication of our athletes, coaches, officials, volunteers, and staff across the country. I've enjoyed working with all of you over the years and am proud of the collective effort that has built a stronger, more inclusive sport system.

That said, we know there is still work to be done. We continue to face challenges in generating the discretionary revenue needed to support our senior national teams, in establishing well-governed, nationally standardized domestic leagues, and in growing participation across all levels. As we look to provincial members and other system partners to achieve these, we will double down on our efforts and leadership of these as we move into a new strategic cycle. Our ambition remains clear: to see our national teams consistently ranked among the world's top 10—and we are committed to supporting these young teams on that journey. The build and system transformation takes time but we are well on our way!

As we move forward, it's essential that we keep our eyes on the bigger picture. Our shared goal is to make the national "boat go faster"—to strengthen the sport for all Canadians. This requires unity, collaboration, and a commitment to the national interest.

Thank you for your continued support, passion, and belief in the future of field hockey in Canada. I invite you to explore this report and celebrate the progress we've made—together.

Warm regards, Susan Ahrens

Jusan Ahrens

LETTER FROM BOARD CHAIR





Dear Field Hockey Canada Community,

As we close out our 2020–2025 Strategic Plan, I'm pleased to share this Annual Impact Report—a reflection of the progress we've made together and a celebration of what we've built. Over the past five years, Field Hockey Canada has grown into a more stable, inclusive, and forward-looking organization. We've welcomed new provincial members, expanded domestic hosting through U SPORTS Nationals, launched accessible education platforms, and delivered over \$1 million in direct community funding. These achievements have strengthened the foundation of FHC and deepened our reach across the country.

Internationally, our teams have inspired us with historic milestones: Olympic participation, continental championships, and consistent Junior World Cup qualifications. These successes reflect the dedication of our athletes, coaches, volunteers, and staff—and the strength of our system. We know challenges remain. Sustainable funding, standardized domestic leagues, and broader participation are essential to our continued growth. Our goal is clear: to support our national teams in reaching the world's top 10 and to build a sport system that reflects and fuels that ambition. On that also reflects the best of Canada and what being Canadian means. Thank you for your continued support.

Warm regards, Kerry T. Moynihan

Lerry TM Joynihan

FIELD HOCKEY CANADA ANNUAL IMPACT REPORT 2025

Our Team

Susan Ahrens

CEO

Kevin Underhill

Communications Manager

Andrea Gibson

NextGen Director

Mike van Iderstine

NextGen Pathway Lead

Kate Perry

High Performance Director

Women's National Team

Head Coach - Sheldon Rostron Asst. Coach - Shaun Hulley Manager - Alanna Martin AT - Alice Podmore

Video - Dave Cox

Jr. Women's National Team

Head Coach - Kyle Marks Asst. Coach - Cassius Mendonca Manager - Chan Campbell

Video - Mike van Iderstine

Hailey Yhap

Events & Engagement Officer

Canada Summer Jobs

Andrew Lemieux Amber Sandhu Camilla MacGillivray

Chan Campbell

Operations Manager

Jenning Northgraves

Administrator

NATIONAL TEAMS

CORPORATE

SYSTEM

Men's National Team

Head Coach - Patrick Tshutshani Asst. Coach - Geoff Matthews Manager - Nancy Mollenhauer AT - SJ Sanghera

Video - Dave Cox S & C - Simon Taylor

,

Jr. Men's National Team

Head Coach - Geoff Matthews Asst. Coach - Alison Lee Manager - Andrea Gibson Video - Mike van Iderstine

BOARD

Kerry T Moynihan

Chair of the Board

James Kirkpatrick

Athlete Rep

Nancy Mollenhauer

Director

Terry Lockhart

Treasurer

Halley Chopra

Director

Nick Laxton

Director

Shanlee Johnston

Athlete Rep

Ronald Prins

Director

Gurinder Hundal

Director

Our Team

COMMITTEES

GOVERNANCE COMMITTEE

Kerry Moynihan Susan Ahrens James Kirkpatrick

FINANCE COMMITTEE

Terry Lockhart Susan Ahrens Nancy Mollenhauer Ian MacKenzie

COACH-ED COMMITTEE

Ann Doggett Krista Thompson Nancy McCutcheon Amy Ware Dawna Morrow

USPORTS COMMITTEE

Nancy Mollenhauer Deb Whitten Beth Ali Robin D'Abreo Sharon Rajaraman Barb Carmichael

HR COMMITTEE

Kerry Moynihan Susan Ahrens

EDI COMMITTEE

Halley Chopra Hailey Yhap Susan Ahrens

SPONSORSHIP COMMITTEE

Kerry Moynihan Ronald Prins Michael Brown Nick Laxton

HOF COMMITTEE

Mary Cicinelli Yan Huckendubler Nancy Mollenhauer Susan Ahrens Mario DeMello Paula Parks

MASTERS COMMITTEE

Rob Stowe
Gord Plottel
Lori Wills
Nancy Mollenhauer
Perry Mody
Ronald Prins
John McCulloch

OLYMPIC FUND - WOMEN

Sharon Rajaraman Steph Jameson Margaret Lanning

OLYMPIC FUND - MEN

Hari Kant

OFFICIALS COMMITTEE

Laurie Hogan
Paula Parks
Susan Ahrens
Denis Zaccagnini
Margaret Johnson
Lelia Sacre
Jamal Burgess
Andrea Wright
Brenda Rushton

ATHLETES COUNCIL

James Kirkpatrick Shanlee Johnston Andrea Gibson Balraj Panesar Elise Wona Grant Simpson Harbir Sidhu Katie Gibb Leighton De Souza ManveerJhamat Marcia LaPlante Mikayla Stelling Nora Goddard-Despot Robin Thind Robyn Goh Rowan Harris Satpreet Dhadda Sean Davis

MEMBERSHIP

Field Hockey Canada engages with provincial members monthly through our online meetings. Further engagement with our seven members occurs regularly via online communications and ad hoc meetings to discuss and target specific projects or updates outside of the monthly meetings.

PR	TOTAL	SEN	JR	YTH	OFF	COA	ASS	MEN	WMN
АВ	1319	702	432	182	3			415	903
ВС	5078	1849	1357	1720	35	63			
NB	151	21	95	30		4		24	127
NS	171	121	50	N/A				75	96
ON	226	25	156	4	18	13	10	48	178
PEI	195	54	97	38	4	2		7	188
QC	137	8	69	60				59	78

^{*}NB has 1 registered volunteer to reach the 151 total.

^{*}BC has 54 registered volunteer to reach the 5078 total.

^{*}AB has one unidentified gender registered

FUNDRAISING

ADOPT AN ATHLETE

Total Raised \$51,078.56

JMNT \$15,645 & 10 participants JWNT \$6,830 & 9 participants WNG \$11,233 & 19 participants MNG \$5, 245.56 & 11 participants WNT \$12,025 & 14 participants MNT \$0 & 3 participants

Participants Total 66

DONATIONS

Women's Masters Donations: \$16,443.79

WNT Donations \$906.15

MNT Donations \$579



STRONGER SYSTEM

11 NATIONAL CHAMPIONSHIPS

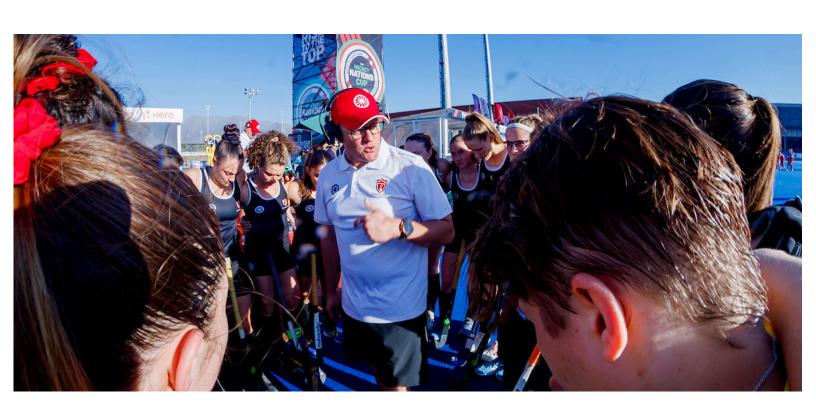
15 HALL OF FAME

13 COMMUNITY SPORT FOR ALL

16 UNIVERSITY CHAMPIONSHIPS

MASTERS HOCKEY

17 OFFICIALS



We've made significant strides in building a more inclusive and sustainable hockey system. Through the Community Sport for All initiative, we have reached communities all over the country. We focus on programming that serves masters athletes, coaches and officials. Our systems serve recognition of our Hall of Famers, celebrating diverse contributions across the sport. Our inclusive hockey programs have grown, welcoming new participants and strengthening community ties.

National Championships

This year's National Championships were hosted back-to-back for two weeks in Brampton, ON. In week one, the event featured nine U18 Girls Teams and in week two we welcomed nine U16 girls' teams and four U16 boys' teams, totalling 22 teams overall. Many thanks to Field Hockey Ontario and the local organizing committee for taking this challenge on and leading the charge. As we look to expand the sport and our events portfolio, we look forward to soon having a second domed water based field hockey pitch, at the Cassie Campbell site by next year. This new facility will prove to enhance our next hosting of National Championships, enhance the DTE environment, and allow local clubs more opportunities for play throughout the four seasons in Ontario.

Congratulations to all medalists and award winners at this tournament and thank you to the staff, organizers, officials and volunteers who made it all possible.







2025 PODIUM

U18 WOMEN'S

Gold - BC Blue Silver - Ontario Red Bronze - Alberta

U16 WOMEN'S

Gold - BC Blue Silver - Ontario Red Bronze - BC White

U16 MEN'S

Gold - Quebec Silver - British Columbia Bronze - Ontario



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TOURNAMENT AWARDS AND ACCOLADES

U18 WOMEN'S TOURNAMENT 11

Ellie Mullins, PEI
Meghan McGillivray, AB
Danielle D'Silva, ON Red
Vanessa Marques, ON White
Neeve Unger, BC Blue
Trinidad Acosta, Quebec

Emily Arnet, BC White Rileigh Hicks, NB Ella Moore, Nova Scotia Ella Kang, BC Blue Imke Arndt, ON Red

U16 WOMEN'S TOURNAMENT 11

Alina Imran, BC Blue Sophie Luo, BC White Isabelle Peverley, ON Red Olivia McConnell, ON White Charleigh MacDougall, PEI Alicia Scarlett, QC Ella Van Duuren, AB Janie Yuen, BC Yellow Eva Trites, NB Avery Harris, ON Red Kayla Parker, BC Blue

U16 MEN'S TOURNAMENT 11

Zion Stevenson, QC Alistair Weiss, AB Taranjot Deol, BC Jasraj Naru, ON Ryan McKibbin, BC Anmol Jhally, AB Armaan Gill, BC Julian Touchette, QC Prabjot Thiara, ON Noah Folkerson, QC Udhamvir Gill, ON



U18 Women's Awards
Top Goal Scorer- Neeve Unger
Goal Keeper Award- Samantha Wright
Tournament MVP- Danielle D'silva

FHC Principles Awards – Neeve Unger (BC Blue) &
Danielle D'Silva (Ontario Red)
FHC Respect and Fair Play Award- Madison Forest
FHC Coach Award- Lacey MacLauchlan

U16 Men's Awards MVP - Zion Stevenson QC Top Scorer - Fletcher Green QC Top GK - Alistair Weiss AB

FHC All Principles - Zoravar Grewal AB FHC Respect & Fair Play - Ripinder Sidhu ON FHC Coach - Muhammad Imran BC

U16 Women's Awards MVP - Alina Imran BC Blue Top Scorer - Sara Matheson ON Red Top GK - Ella Van Duuren AB

FHC All Principles - Alicia Scarlett QC FHC Respect & Fair Play - Sophie Luo BC White FHC Coach - Tracy McGee PEI

COMMUNITY SPORT FOR ALL INITIATIVE









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Field Hockey Canada Celebrates Activation of 60 Community Projects Across Canada

Field Hockey Canada is delighted to update our members on the activation of this year's Community Sport for All Initiative by celebrating the first milestone in its commitment to serving underserved communities across Canada. Through the continued support of the Government of Canada's Community Sport for All Initiative (CSAI), Field Hockey Canada has secured \$800,000 in funding over two years. The application process was launched nationwide. Field Hockey Canada is thrilled by the response from communities nationwide. This first disbursement of funding enabled the launch of 60 community-based field hockey projects across 10 provinces and one territory, reaching over 90 communities and serving almost 30,000 participants.



Stick Together – A program focused on introducing field hockey to new communities through community partnerships.



Hockey ID – A stream dedicated to inclusive programming for individuals with intellectual disabilities.



Walking Hockey – A modified version of the game designed for seniors and those seeking a lower-impact way to stay active and engaged.

CANADIAN MASTERS HOCKEY



Field Hockey Canada is thrilled to have celebrated and supported the seven masters hockey teams that played at the 2024 WMH Masters World Cup in Auckland, New Zealand. The tournament took place from November 7-16, 2024 at the New Zealand National Hockey Centre in Auckland. Canada sent Women's Masters teams in the O50, O55, O60 and O65 divisions and Men's Masters teams in the O45, O50, and O60 divisions.

ТЕАМ	RECORD	PLACE	
CAN WO50	1-3-2	9th place	
CAN WO55	2-3-1	10th place	
CAN WO60	2-3-1	7th place	
CAN WO65	1-5-0	7th place	

TEAM	RECORD	PLACE	
CAN MO45	3-3-0	6th place	
CAN MO50	2-3-1	6th place	
CAN MO60	0-5-0	14th place	



HALL OF FAME



Field Hockey Canada is proud to announce the induction of John De Souza into the Field Hockey Canada Hall of Fame, Class of 2024. Honoured in the Coach category, De Souza stands as the sole inductee this year, a fitting recognition for a career that has shaped the landscape of Canadian field hockey.

With a coaching career spanning over 30 years, De Souza's influence has been felt at every level of the game. A former national team player, he represented Canada at the 1995 Pan American Games and competed internationally for seven years. His transition to coaching was seamless and impactful. He led the Canadian men's national indoor team to a seventh-place finish at the 2007 Indoor World Cup in Vienna and served as assistant coach for the gold-medal-winning men's team at the 2007 Pan American Games, which secured a spot at the 2008 Beijing Olympics, with the Pan Am Gold. De Souza is known for his program building, generating buy in and leading with passion. He said that culture comes first and paves the way for success.



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UNIVERSITY CHAMPIONSHIPS

Last fall, the U SPORTS Field Hockey Championship evolved into a Field Hockey Canada property delivered in partnership with hosts, York University, and U SPORTS. The final-four event took place at York University in Toronto, ON on October 31 – November 3, 2024. This event was the culmination of the regular season and determined the champion of university hockey in Canada, which was the University of Victoria.

This is an exciting new dawn for the women's field hockey pathway in Canada. Since the inception of university field hockey, universities have played a key role in hockey development. University athletes go on to be the sport builders, athletes, officials and supporters of the sport throughout their life.

In this move, Field Hockey Canada has embraced the opportunity for a partnership with U SPORTS and participating universities with the vision to build the national championship into a strong asset for our sport and strong value proposition for athletes graduating high school.

Field Hockey Canada has developed an initial three-year hosting plan to ensure clarity in the planning and stability. This has resulted in a first ever Maritimes hosting at UPEI in the fall of 2025, which will be followed by a West Coast hosting in 2026.

ROOKIE OF THE YEAR (JOYCE SLIPP AWARD)

Sydney Le, UBC

OUTSTANDING CONTRIBUTOR (GAIL WILSON AWARD)
Elliot Kellough, Calgary

PLAYER OF THE YEAR (LIZ HOFFMAN AWARD)
Abby Warriner, Guelph

COACH OF THE YEAR (MARINA VAN DER MERWE AWARD)
Michelle Turley, Guelph

UMPIRE OF THE YEAR Jamal Burgess, Atlantic















OFFICIALS





INTERNATIONAL APPOINTMENTS - 2025

UMPIRE APPOINTMENTS

Alex Miles PAHF Pan American Cup

Megan Robertson FIH Nations Cup

Meghan McLellan FIH Nations Cup 2

Nora Struchtrup Junior Pan American Challenge

Junior Pan American Games

Pamba Manikandan Junior Pan American Challenge

Junior Pan American Games

Tyler Klenk FIH Nations Cup 2

Hero Asia Cup

PAHF Pan American Cup

FIH Pro League

TECHNICAL OFFICIAL APPOINTMENTS

Wendy Stewart - UM FIH Indoor World Cup

FIH Pro League

Laurie Hogan - TO & TD PAHF Pan Am Challenge

FIH Nations Cup (W)

Michelle McNaughton - TO CAC Games Qualifyer

Sanjay D'Silva - TO Junior Pan Am Games

Sacha-Rae Teixeira - TO PAHF Pan Am Cup







STRONGER PERFORMANCE

19 NEXTGEN & YOUTH HOCKEY

26 CAN AM INDOOR SERIES

23 JUNIOR NATIONAL TEAMS

27 SENIOR NATIONAL TEAMS



Canadian field hockey shone brightly on the global stage this year. Our national teams delivered inspiring performances, with youth tours generating excitement and senior squads advancing in World Cup qualification. A busy junior season showcased emerging talent, while we celebrated first-time caps and honored retiring athletes who've shaped our legacy. These milestones reflect our growing international presence and the depth of talent across our programs, reinforcing Canada's reputation as a competitive and passionate hockey nation.

NEXTGEN HOCKEY





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The Field Hockey Canada NextGen Program is a talent assessment and development philosophy focused on identifying and nurturing the next generation of performance-development athletes through collaboration with the key stakeholders; athletes, parents, clubs, Provincial Sport Organizations and FHC. Designed for players approximately 4 to 8 years away from senior national team impact, the approach provides a pathway to help young players reach their goals within field hockey.

At its core, the NextGen Program is dedicated to longterm athlete support and development, to create a life-long affinity to the game and giving players the best opportunities to reach their goals.

NEXTGEN

- NextGen Training Identification camps, training opportunities and national led coaching and leadership.
- Youth Tours International indoor and outdoor tours for U16, U17, U18 aged athletes.
- Junior National Teams graduation from nextgen to junior international hockey, setting the stage for further high performance development

NEXTGEN HOCKEY

National Training Centre Hubs:

All athletes selected for youth tours this year were identified through their participation in Daily Training Environments (DTEs), ensuring selections are grounded in consistent, high-quality training and performance monitoring. Over the past year, five National Training Centre DTEs have been in operation: BC Island, BC Mainland, Alberta, and Ontario. This season also marked the launch of the Maritimes program, which ran on a camp-based system to provide athletes in the region with regular, structured opportunities for development and assessment.

The NG Women's Program ran from September 2024- April 2025. Throughout the Fall, Winter and Spring months, athletes trained consistently with NextGen, participating in on-field or indoor sessions twice per week. In addition, they attended two Strength & Conditioning sessions each week to support athletic development. Complementing the physical training, a series of educational workshops were held throughout the year, covering key topics such as Mental Performance, Nutrition, and Recovery, ensuring a holistic approach to athlete growth both on and off the field, as well as building the pillars of high performance sport.

In addition, the NG Men's tour to Malaysia was selected from standout performances at the 2024 National Championships, highlighting the critical role domestic competition plays in the broader performance-development pathway. Together, these training and competition environments form the backbone of the selection process, preparing and identifying athletes with the skills, resilience, and readiness to represent Canada on the youth international stage.

System Change 2025-2026:

The NextGen Program is a performance development program that is part of a larger talent development system focused on identifying and nurturing the next generation of Canadian athletes.

Designed for players approximately 4 to 8 years away from senior national team impact, the program provides a structured pathway to help them reach their full potential.

NEXTGEN HOCKEY

Dedicated to long-term athlete development:

- Technical and tactical skill refinement
- Strength and conditioning
- Mental performance training
- Nutrition and recovery education

Foundation for Canada's future success, feeding into Junior and Youth National Teams and ultimately preparing athletes to excel at the senior international level. The NextGen National Program brings together top athletes from across Canada, providing targeted training and meaningful competition designed to elevate their game and prepare them for the world stage.

FIELD HOCKEY CANADA HIGH PERFORMANCE VISION

By 2036 Men's National Team (MNT) and Women's National Team (WNT) consistently in the top 10

How is this achieved?

 In a long-term development pathway that is geared towards developing pillars of high performance. This includes skill and tactical development, strength & conditioning, mental performance, and nutrition. Providing opportunities for international exposure in the Talent Pathway (at Canada U16, U18, and U21 levels), so athletes are prepared to perform at the senior national team level on the global stage.

How is this measured?

- Senior National Teams consistently qualifying for the World Cup and Olympic Games by 2036
- U21: Two athletes per gender per year breaking into senior squads, ensuring competitive teams capable of medaling at Junior Pan-Am games and qualify for Junior World Cups.
- U18: Demonstrable progress in technical skills, decision making and physical capacity for high intensity international match, reflected in performance levels against peer nations and those currently ranked above.
- U16: athletes receiving consistent, frequent performance environment, including international opportunities at home or abroad.
- The NextGen program is vital to developing athletes across Canada through a pathway that is designed in collaboration with the Senior National team coaches and staff.

YOUTH TOURS

Youth tours are a key component of the NextGen programming each year, providing athletes with invaluable exposure to the pillars of high performance and the demands of international hockey. These tours offer the groups opportunities to gain international experience by competing against other youth teams, helping them develop both on and off the field.

Each country selects its youth age groups differently, but for us, it is crucial that the games present a competitive, stretch opportunity for our athletes. Youth tours also support players in gaining experience representing Canada, serving as an important stepping stone toward Junior Pan Am Games and Junior World Cups.



U17 Men's Youth Team - Mirnawan Cup Kuala Lumpur, Malaysia November 2-10, 2024



U16 Women's Youth Team - Czech Tour Hradec Králové, Czechia April 13-21, 2025



U18 Women's Youth Team - Wales Tour Cardiff, Wales April 13-21, 2025



U18 Women's Youth Team - France TourNantes, France
May 1-10, 2025

JUNIOR NATIONAL TEAMS

The Junior National Teams have had a busy year. Coming off an exciting home Junior Pan American Cup in 2024 in Surrey, BC, the teams were back on-field this season, with multiple competitions and camps. This season, the teams had a full camp and selection period where the top 30 male and female athletes gathered to be identified and prepare for the Junior Pan American Games. That was the marquee tournament of season as they look forward to the Junior World Cups in December.

JUNIOR PAN AMERICAN GAMES

Asuncion, Paraguay | August 9-19, 2025

Canada's junior women's and junior men's national teams headed to Asuncion, Paraguay, for the 2025 Junior Pan American Games. This marks a historic milestone for hockey and for Team Canada as field hockey makes its debut at the Junior Pan American Games, which ran from August 10 to 19 at the National Hockey Centre in Luque.

The Pan American Games are a multi-sport Games, recognized by the IOC and continental Olympic Organization. Both the junior men and junior women maintained their placement from last year's JPAC but improved on depth across the board. An exciting time for junior hockey in Canada.



JUNIOR PAN AM GAMES













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FIELD HOCKEY CANADA ANNUAL IMPACT REPORT 2025

THANK YOU TO OUR AMAZING STAFF TEAM THAT SUPPORTED OUR JUNIOR ATHLETES AT THE 2025 JUNIOR PAN AMERICAN GAMES IN PARAGUAY.





JUNIOR MEN

Geoff Matthews - Head Coach Alison Lee - Assistant Coach SJ Sanghera - Athletic Therapist Chan Campbell - Team Manager Mike Van Iderstine - Analyst Chan Campbell - Team Lead

JUNIOR WOMEN

Kyle Marks - Head Coach
Cassius Mendonca - Assistant Coach
Rachelle Little - Athletic Therapist
Andrea Gibson - Team Manager
Mike Van Iderstine - Analyst
Sheldon Rostron - WNT Head Coach
Chan Campbell - Team Lead

Congratulations to the Canadian officials for representing Canada at the 2025 Junior Pan American Games in Paraguay.

Sanjay D'Silva - TO | Nora Struchtrup - Umpire | Pamba Manikandan - Umpire



CAN AM INDOOR SERIES





March 14-16, 2025 TORONTO







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Field Hockey Canada was host to the annual Can Am Indoor Hockey Series tournament at the University of Toronto from March 14-16, 2025. The event featured six Canadian and six American Indoor Teams, in the divisions of Youth Men & Women, Senior Men & Women and Masters Men & Women.

This was the largest iteration of the event to date, with 12 teams competing over the course of the event. It included a Masters division as we continue to grow the sport in all regions. The event also gathered local Canadian umpires and officials, offering opportunities to learn and upgrade their indoor skills.











NATIONAL TEAM SUMMARY

In 2025, Canada's senior men's and women's field hockey teams embarked on a competitive international season aimed at securing World Cup qualification. Both teams traveled internationally, gaining valuable experience and building cohesion at the Pan American Cup, where strong performances earned them advancement to the next stage of World Cup qualification. This upcoming qualification tournament marks a critical step toward the 2026 World Cup.

The focus this season has been on squad development, with an eye not only on the 2026 World Cup but also on long-term goals for the 2028 and 2032 Olympic Games. Despite their youth, both teams have shown resilience and growth, using every international cap to sharpen their chemistry and team edge. The integration of players from Canada's robust junior pathways, who are gaining international exposure, ensures a steady pipeline of talent ready for senior-level competition.

Through high-performance daily training environments and strategic tournament participation, both programs are progressing steadily. The commitment to development and international experience positions Canada's senior teams optimistically for future success. With continued investment in youth and performance, Field Hockey Canada is confidently moving toward its goal of breaking into the World Top 10 and competing among the global elite.

Physical Psychological Technical Tactical Social Social Social Physical Physical Psychological Physical Psychological Technical Tactical Social Socia

- Building strength, endurance, speed, and agility.
- Ensuring injury prevention and recovery strategies are embedded.
- Optimizing performance through conditioning and load management.
- Developing mental resilience and focus under pressure.
- Promoting confidence, motivation, and a growth mindset.
- Integrating strategies for stress management and emotional regulation.
- Refining core skills and advanced techniques.
- Emphasizing repetition with precision and progression.
- Adapting technical ability to gamespecific situations.
- Enhancing game understanding and decision-making.
- Applying strategies in both attack and defense.
- Cultivating adaptability to different opponents and match scenarios.
- Fostering teamwork, communication, and leadership.
- Building trust and accountability within the group. (Ongoing process)
- Supporting athlete well-being through a positive culture.

^{*}Example: Men's National Team development priorities and DTE focus.

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Senior Men's National Team

COMPETITIONS



JUNE 26-28 (SURREY, BC)

In a rare opportunity to host international matches on home soil, Canada submitted a team to the Sikh Games in Surrey, BC. Team Canada went undefeated against local sides as well as international teams, securing the Sikh Games title.

Additionally, Field Hockey Canada secured a partnership with the event to bring more international teams to Surrey in the coming years!



JUL 24-AUG 3 (MONTEVIDEO)

Team Canada took on the best of the Pan Ams in the summer at the quad-annual Pan American Cup in Uruguay. Canada had losses to Argentina and Chile, but got retribution in the bronze medal match vs Chile, securing third and a trip to the upcoming World Cup qualifying tournaments.







Senior Women's National Team

COMPETITIONS

NATIONS

FEB 23- MAR 2 (SANTIAGO)

Though Canada went winless at the Nations Cup, this tournament was a great opportunity for some young athletes to get their first real test of senior international hockey.



JUNE 26-28 (SURREY, BC)

International hockey on home soil! Team Canada was able to find their goal-scoring touch and go undefeated in Surrey, winning the Sikh Games hockey tournament. Can't wait for next year!



JUL 24-AUG 3 (MONTEVIDEO)

Canada secured fifth place at the Pan Am Cup in Uruguay notching two wins against Mexico and losses vs Argentina and Uruguay. Canada has punched their ticket to the World Cup qualification next steps!





THANK YOU

